

Where to find the most Instagrammable places in Aruba



Page 7

Paseo Herencia

EXPERIENCE ARUBA'S CULTURE
with local shopping, dining & entertainment

Palm Beach, Noord

7PM

WEDNESDAY CULTURAL MUSIC & DANCE SHOW

8PM

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More than 11,400 flights canceled Sunday as massive winter storm sweeps across U.S.

By **MAE ANDERSON** and **RIO YAMAT**
AP Business Writers

NASHVILLE, Tenn. (AP) — A massive winter storm made for a brutal travel day Sunday, with widespread cancellations and delays at some of the nation's busiest airports.

Widespread snow, sleet and freezing rain threatened nearly 180 million people more than half the U.S. population in a path stretching from the southern Rocky Mountains to New England, the National Weather Service said Saturday night. After sweeping through the South, the storm moved into the Northeast Sunday, and was expected to dump about 1 to 2 feet (30 to 60 centimeters) of snow from Washington through New York and Boston.

More than 11,400 flights were canceled on Sunday, according to flight-tracking site FlightAware. Aviation analytics firm Cirium said that as of Sunday morning, the storm is the highest experienced



A flight status screen shows canceled flights at Philadelphia International Airport during a winter storm in Philadelphia, Sunday, Jan. 25, 2026.

cancellation event since the pandemic.

By Sunday afternoon, the majority of flights were canceled at busy airports in the Northeast and elsewhere. LaGuardia Airport in New York closed Sunday afternoon, according to the Federal Aviation

Administration. The agency said on its website the busy Queens airport grounded flights until 8 p.m.

In Philadelphia, 94% of flights, 326 flights, were canceled. Ninety-one percent of flights, 436 flights, were canceled at LaGuardia Airport in New York. New York's John F. Kennedy International Airport

had 466 flights canceled, about 80% of flights, according to FlightAware.

Ronald Reagan Washington National Airport said on its website that all airlines had canceled departing flights for the day, about 421 flights. Significant disruptions also hit major airport hubs in Dallas-Fort Worth, Charlotte, Phila-

delphia and Atlanta, home to the nation's busiest airport.

Allan Lengel of Detroit planned to return Monday from Fort Lauderdale, Florida, where the temperature has been in the 80s. But he's staying until Wednesday after Delta suggested he change his reservation because of the weather impact on flights.

"Can't say I'm disappointed. Frankly, I had been thinking of returning later because of frigid weather," Lengel, 71, said, referring to conditions in Michigan.

American Airlines had canceled over 1,790 flights for Sunday, about 55% of its scheduled flights for Sunday, according to FlightAware. Delta Air Lines reported over 1,470 cancellations and Southwest Airlines reported over 1,340 cancellations for the day, while United Airlines had about 1,016. JetBlue had more than 590 canceled flights, accounting for roughly 72% of its schedule for the day. □

Associated Press

Minnesota CEOs issue joint letter urging de-escalation in Minnesota after shooting



Protesters advance toward federal agents with their hands up near the site of the fatal shooting of 37-year-old Alex Pretti by federal agents in Minneapolis on Saturday, Jan. 24, 2026.

Associated Press

By **MAE ANDERSON**
AP Business Writer

NEW YORK (AP) — More than 60 CEOs of Minnesota-based companies including Target, Best Buy and UnitedHealth signed an open letter posted on the Minnesota Chamber of Commerce website on Sunday calling for state, local and federal officials to work together, as businesses grapple with how to address tensions in the state and across the country following two fatal shootings by federal agents amid a massive immigration enforcement operation that has spurred protests.

"With yesterday's tragic news, we are calling for an immediate deescalation of tensions and for state, local and federal officials to

work together to find real solutions," the open letter reads.

CEOs that signed the letter included 3M CEO William Brown, Best Buy CEO Corie Barry, General Mills CEO Jeff Harmening, Target incoming CEO Michael Fiddelke, UnitedHealth Group CEO Stephen Helmsley, and others. Before the letter, most of the biggest Minnesota-based companies had not issued any public statements about the enforcement surge and unrest.

But the issue has become more difficult to avoid. Over the past two weeks protesters have targeted some businesses they see not taking a strong enough stand against federal law enforcement activity, including Minneapolis-based Target. □

How Americans are using AI at work, according to a new Gallup poll

By MATT O'BRIEN and
LINLEY SANDERS

Associated Press

American workers adopted artificial intelligence into their work lives at a remarkable pace over the past few years, according to a new poll.

Some 12% of employed adults say they use AI daily in their job, according to a Gallup Workforce survey conducted this fall of more than 22,000 U.S. workers.

The survey found roughly one-quarter say they use AI at least frequently, which is defined as at least a few times a week, and nearly half say they use it at least a few times a year. That compares with 21% who were using AI at least occasionally in 2023, when Gallup began asking the question, and points to the impact of the widespread commercial boom that ChatGPT sparked for generative AI tools that can write emails and computer code, summarize long documents, create images or help answer questions.

Home Depot store associate Gene Walinski is one of the employees embracing AI at work. The 70-year-old turns to an AI assistant on his personal phone roughly every hour on his shift so he can better answer questions about supplies that he is not "100% familiar with" at the store's electrical department in New Smyrna Beach, Florida.

"I think my job would suffer if I couldn't because there would be a lot of shrugged shoulders and 'I don't know' and customers don't want to hear that," Walinski said.

AI at work for many in technology, finance and education

While frequent AI use is on the rise with many employees, AI adoption remains higher among those working in technology-related fields. About 6 in 10 technology workers say they use AI frequently, and about 3 in 10 do so daily.

The share of Americans working in the technology



Art teacher Joyce Hatzidakis poses for a portrait in her classroom Thursday, Jan. 22, 2026, Riverside, Calif.

sector who say they use AI daily or regularly has grown significantly since 2023, but there are indications that AI adoption could be starting to plateau after an explosive increase between 2024 and 2025.

In finance, another sector with high AI adoption, 28-year-old investment banker Andrea Tanzi said he uses AI tools every day to synthesize documents and data sets that would otherwise take him several hours to review.

Tanzi, who works for Bank of America in New York, said he also makes use of the bank's internal AI chatbot, Erica, to help with administrative tasks.

In addition, majorities of those working in professional services, at colleges or universities or in K-12 education, say they use AI at least a few times a year.

Joyce Hatzidakis, 60, a high school art teacher in Riverside, California, started experimenting with AI chatbots to help "clean up" her communications with parents.

"I can scribble out a note and not worry about what I say

and then tell it what tone I want," she said. "And then, when I reread it, if it's not quite right, I can have it edited again. I'm definitely getting less parent complaints." Another Gallup Workforce survey from last year found that about 6 in 10 employees using AI are relying on chatbots or virtual assistance when they turn to AI tools. About 4 in 10 AI users at work reported using AI to consolidate information or data, to generate ideas or to learn new things.

Hatzidakis started with ChatGPT and then switched to Google's Gemini when the school district made that its official tool. She has even used it to help with recommendation letters because "there's only so many ways to say a kid is really creative."

The benefits and drawbacks of AI adoption

The AI industry and the U.S. government are heavily promoting AI adoption in workplaces and schools. More people and organizations will need to buy these tools in order to justify the huge amounts of investment into building and running energy-hungry AI computing systems.

But not all economists agree

on how much they will boost productivity or affect employment prospects.

"Most of the workers that are most highly exposed to AI, who are most likely to have it disrupt their workflows, for good or for bad, have these characteristics that make them pretty adaptable," said Sam Manning, a fellow at the Centre for the Governance of AI and co-author of new papers on AI job effects for the Brookings Institution and the National Bureau of Economic Research.

Workers in those mostly computer-based jobs that involve a lot of AI usage "usually have higher levels of education, wider ranges of skill sets that can be applied to different jobs, and they also have higher savings, which is helpful for weathering an income shock if you lose your job," Manning said.

On the other hand, Manning's research has identified some 6.1 million workers in the United States who are both heavily exposed to AI and less equipped to adapt. Many are in administrative and clerical work, about 86% are women and they are older and concentrated in smaller cities, such as university towns or state capitals,

with fewer options to shift careers.

"If their skills are automated, they have less transferable skills to other jobs and they have a lower savings, if any savings," Manning said. "An income shock could be much more harmful or difficult to manage."

Few workers are concerned about AI replacing them

A separate Gallup Workforce survey from 2025 found that even as AI use is increasing, few employees said it was "very" or "somewhat" likely that new technology, automation, robots or AI will eliminate their job within the next five years. Half said it was "not at all likely," but that has decreased from about 6 in 10 in 2023.

Not worried about losing his job is the Rev. Michael Bingham, pastor of the Faith Community Methodist Church in Jacksonville, Florida.

A chatbot fed him "gibberish" when he asked about the medieval theologian Anselm of Canterbury, and Bingham said he would never ask a "soulless" machine to help write his sermons, relying instead on "the power of God" to help guide him through ideas.

"You don't want a machine, you want a human being, to hold your hand if you're dying," Bingham said. "And you want to know that your loved one was able to hold the hand of a loving human being who cared for them." Reported AI usage is less common in service-based sectors, such as retail, health care or manufacturing.

Home Depot did not ask Walinski to use AI when he got a job at the store last year, after a decades-long career in the car business. But the home improvement giant also did not try to stop him and he is "not at all worried" that AI will replace him.

"The human interface part is really what a store like mine works on," Walinski said. "It's all about the people." □

FEMA extends housing aid for Maui wildfire survivors until 2027

By **GABRIELA AOUN ANGUEIRA** and **JENNIFER SINCO KELLEHER**

Associated Press

HONOLULU (AP) — U.S. officials have granted a request to extend housing assistance for survivors of catastrophic 2023 wildfires, Hawaii Gov. Josh Green said Friday.

Nearly 1,000 households displaced by fire were anxiously awaiting word on whether federal assistance helping them stay housed will be left to expire, forcing them to find new housing or pay more for it in one of the tightest and most expensive rental environments in the country.

U.S. Department of Homeland Security Secretary Kristi Noem approved Hawaii's request to extend Federal Emergency Management Agency temporary housing assistance for Maui wildfire survivors until February 2027, Green said in a news release. FEMA did not immediately respond to requests for confirmation of the extension. "It lifted a weight I did not even realize I was carrying, and I know many other families were carrying that same weight too," Kukui Keahi, a Lahaina fire survivor and as-



Burned cars and propane tanks with markings on them sit outside a house destroyed by wildfire, Friday, Dec. 8, 2023, in Lahaina, Hawaii.

Associated Press

sociate director of Kako'o Maui Programs at the non-profit Hawaiian Council, said after learning of the extension.

The fires in Lahaina and Kula, in Maui's upcountry region, destroyed 2,200 structures and killed 102 people. Then-President Joe Biden declared a major disaster, unlocking FEMA assistance to help 12,000 displaced people, 89% of whom were

renters at the time of the fires. His administration eventually extended the 18-month program until February 2026.

But with few homes rebuilt and rental inventory nearing zero, the state requested another extension in May. "Recovery doesn't follow an artificial deadline and I appreciate Secretary Noem and the administration for recognizing the reality families are still facing on the ground here in

Hawaii," Green said. While megafires in other states have destroyed more homes, Maui's fires created a unique crisis. Limited housing stock and the island's remote location from the mainland U.S. made relocating survivors and rebuilding exceptionally difficult.

FEMA, the state, county, and nonprofits all scrambled to find solutions to house the displaced, most of whom

were desperate to stay near Lahaina to be close to work, schools and the community.

After working with the Red Cross to house 8,000 residents in hotels and other temporary shelters in the initial weeks, FEMA slowly transitioned families to other forms of housing assistance. It offered money for rent, installed temporary shelters on burned properties, and leased thousands of units itself to rent back to survivors, though some complained of burdensome eligibility requirements and having to move several times.

Steven Hew had not heard about FEMA's decision until The Associated Press contacted him. The 52-year-old restaurant cashier rents a subsidized apartment from FEMA after the fire burned down his family's multigenerational home in Lahaina. Hew was "shaking" after hearing the news. "A lot of people were on edge and scared and didn't know what they were going to do," if the assistance was not extended, he said. "Somebody had a heart and just said 'Yes,' and whoever that person was, I thank them," said Hew.

Trump administration invests in another US rare earth miner to loosen China's grip on supply

By **MICHELLE CHAPMAN**
AP Business Writer

The U.S. is taking a minority stake in an Oklahoma rare earth miner, the latest government investment in the sector as it seeks to minimize

its reliance on imports of a material used prevalently in smartphones, robotics, electric vehicles and many other high tech products. China processes more than 90% of the world's critical

minerals and has used its dominance in the market to gain leverage in the trade war with Washington.

USA Rare Earth said Monday that the U.S. Commerce Department is investing \$1.6 billion in the company to advance work on a mine in Texas and to build a magnet manufacturing facility in Oklahoma.

Shares of USA Rare Earth jumped more than 13% before U.S. markets opened. The agreement with the Commerce Department's CHIPS program includes \$277 million in proposed federal funding and a \$1.3 billion senior secured loan. The Commerce Department will get 16.1 million

shares of common stock in return, as well as rights to buy 17.6 million more.

"USA Rare Earth's heavy critical minerals project is essential to restoring U.S. critical mineral independence," Secretary of Commerce Howard Lutnick said in a statement. "This investment ensures our supply chains are resilient and no longer reliant on foreign nations."

The Trump administration is intensifying efforts to build up the critical mineral industry in the United States to work to break the chokehold that China has on the global supply chain.

Industry insiders, analysts

and lawmakers have warned for years that America's dependence on China for critical minerals a list of 50 minerals that includes 17 sought-after rare-earth elements is a national security vulnerability.

Attempts by President Donald Trump to acquire Greenland is part of that push.

USA Rare Earth, based in Stillwater, Oklahoma, is the third U.S. operator in which the Trump administration has invested in recent months.

The Pentagon invested \$400 million in rare-earth producer MP Materials. It gave the U.S. company a \$150 million loan in August.



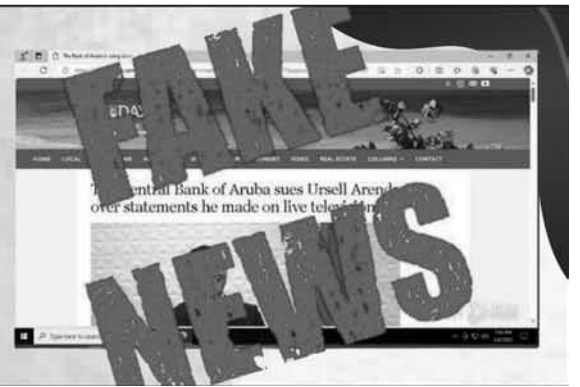
Workers use machinery to dig at a rare earth mine in Gaxian county in central China's Jiangxi province on Dec. 30, 2010.

Associated Press

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Japanese court orders North Korea to pay damages to survivors of deceptive repatriation program

By MARI YAMAGUCHI
Associated Press

TOKYO (AP) — A Japanese court on Monday held North Korea responsible for the human rights violations of four plaintiffs lured to the North by Pyongyang's postwar false promise of living in "paradise on Earth," ordering its government to pay them 22 million yen (\$143,000) each, a decision welcomed by the survivors and their supporters as groundbreaking.

Kenji Fukuda, a lawyer for the plaintiffs, said it was significant to win a court decision acknowledging North Korea's human rights violations. However, "the ruling is just a piece of paper and getting the compensation money is a challenge," he said.

'Paradise on Earth' was a land of no freedom and abuses

The Tokyo District Court ruled that the plaintiffs, both ethnic Koreans and Japanese, were forced into decades of harsh conditions without freedom to return home after moving to North Korea with tens of thousands of others under a 1959-1984 repatriation program, in which the North gave them false promises of free health care, education, jobs and other benefits.

Judge Taiichi Kamino said the plaintiffs lived under harsh conditions and without freedom of choosing a residence, school or jobs, for decades, often without food and in severe cold.

"It's not an overstatement to say most of their lives were ruined by North Korea," he said, ordering the North's government to pay damages totaling 88 million yen (\$572,000) to the plaintiffs.



Plaintiffs, their lawyers and supporters gather outside the Tokyo District Court after winning its decision ordering North Korea to pay damages over its decades-long human rights violations after luring them to move to the North by Pyongyang's false promises of living in "paradise on Earth," on Monday, Jan. 26, 2026, in Tokyo, Japan.

8-year legal battle without North Korea's presence

Originally, five plaintiffs filed a lawsuit in 2018 with the Tokyo District Court seeking 100 million yen (\$650,000) each in compensation for "illegal solicitation and detainment." Two of those have since died, but one's case was taken up by his son, so there are now four plaintiffs. In a 2022 ruling, the court acknowledged that the plaintiffs moved to North Korea because of false information given by the North and a pro-North organization in Japan called Chongryon, but rejected their compensation claims on grounds of a lack of Japanese jurisdiction and expiration of the statute of limitations.

On appeal, the Tokyo High Court ruled in 2023 that the North Korean government violated the plaintiffs' fundamental rights and acknowledged Japan's jurisdiction

over the case, sending it back to the lower court and ordering it to review damages.

Japan and North Korea have no diplomatic relations and the North has not responded to the lawsuit or sent representatives to court.

Survivors staked their lives and fled

One of the four plaintiffs, Eiko Kawasaki, 83, a second-generation Korean born in Kyoto, boarded a ship to North Korea in 1960 after Chongryon's repeated promotion of the "paradise on Earth."

In a 2021 interview with The Associated Press, Kawasaki said she realized she was deceived when she arrived in a North Korean port, where she was met by hundreds of cadaverous people covered with soot and she saw shabby buildings.

She was stuck in that country

for 43 years until 2003, when she defected to Japan via China, leaving behind her grown children, becoming a rare survivor. One of Kawasaki's daughters and her two children have since successfully fled, but she has lost contact with the others since the North shut its borders over the Coronavirus pandemic. "I don't even know if they are alive," she said.

Kawasaki said the "ruling is just a start."

"I think North Korea will ignore the ruling ... I don't think Kim Jong Un would react or comment," Kawasaki said.

Fukuda, the lawyer, said the seizure of possible North Korean assets in Japan could be a way to get damages, though he did not elaborate.

Plaintiffs want Japanese government to help

Kawasaki said she hoped to also seek the responsibility of Chongryon and get an apology from the Japanese government over the repatriation deal signed between the Japanese and North Korean Red Cross societies, even though Japan was not actively promoting the program.

She urged the Japanese government to provide support for the repatriation victims stuck in the North, saying they have suffered just like the Japanese abducted to North Korea in the 1970-80s.

Kane Doi, Japan director at Human Rights Watch, urged the Japanese government to build on the ruling and press North Korea to take responsibility so that other victims and their families can resettle in Japan.

About half a million ethnic Koreans live in Japan and still often face discrimination. Many are descendants of Koreans put to work for forced labor at mines and factories during Japan's 1910-1945 colonization of the Korean Peninsula, a past that has repeatedly strained ties between Japan and the Koreans.

In 1959, North Korea began a resettlement program to bring overseas Koreans to the North to make up for workers killed during the Korean War. The Japanese government viewed ethnic Koreans as outsiders and welcomed the program, helping arrange for people to travel to North Korea. More than 93,000 ethnic Korean residents of Japan, their Japanese spouses and relatives moved to the North. □

European Union opens investigation into Musk's AI chatbot Grok over sexual deepfakes

By **KELVIN CHAN**
AP Business Writer

LONDON (AP) — The European Union opened a formal investigation into Elon Musk's social media platform X on Monday after his artificial intelligence chatbot Grok spewed nonconsensual sexualized deepfake images on the platform.

European regulators also widened a separate, ongoing investigation into X's recommendation systems after the platform said it would switch to Grok's AI system to choose which posts users see. The scrutiny from Brussels comes after Grok sparked a global backlash by allowing users through its AI image generation and editing capabilities to undress people, putting females in transparent bikinis or revealing clothing. Researchers said some images appeared to include children. Some governments banned the service or issued warnings.

The 27-nation EU's executive said it was looking into whether X has done enough as required by the bloc's digital regulations to



Elon Musk attends a memorial for conservative activist Charlie Kirk, Sunday, Sept. 21, 2025, at State Farm Stadium in Glendale, Ariz.

contain the risks of spreading illegal content such as "manipulated sexually explicit images."

That includes content that "may amount to child sexual abuse material," the European Commission said. These risks have now "materialized," the commission said, exposing the bloc's citizens to "serious harm." Regulators will examine whether Grok is living up

to its obligations under the Digital Services Act, the bloc's wide-ranging rule book for keeping internet users safe from harmful content and products.

In response to a request for comment, an X spokeswoman directed The Associated Press to an earlier statement that the company remains "committed to making X a safe platform

for everyone" and that it has "zero tolerance" for child sexual exploitation, nonconsensual nudity, and unwanted sexual content. The X statement from Jan. 14 also said it would stop allowing users to depict people in "bikinis, underwear or other revealing attire," but only in places where it has been deemed illegal.

"Non-consensual sexual deepfakes of women and

children are a violent, unacceptable form of degradation," Henna Virkkunen, an executive vice president at the commission, said in a statement.

"With this investigation, we will determine whether X has met its legal obligations under the DSA, or whether it treated rights of European citizens including those of women and children - as collateral damage of its service," said Virkkunen, who oversees tech sovereignty, security and democracy.

Musk's artificial intelligence company xAI launched Grok's image tool last summer. But the problem began snowballing only late last month when Grok seemingly granted a large number of user requests to modify images posted by others. The problem was amplified both because Musk pitches his chatbot as an edgier alternative with fewer safeguards than rivals, and because Grok's responses on X are publicly visible, and can therefore be easily spread. The EU investigation covers only Grok's service on X, and not Grok's website and standalone app. □

Associated Press

Cuba's Santeros offer gifts and ask deities for peace as tensions rise with U.S.

By **ANDREA RODRÍGUEZ**
Associated Press

HAVANA (AP) — As tensions rise between the United States and Cuba and the island braces for more

economic difficulties, priests and priestesses of the Afro-Cuban religion known as Santería held several ceremonies on Sunday, offering gifts to deities and asking for

peace. Several leading figures in the Santería community prayed for the "spiritual healing" of the Cuban people and an end to the violence and conflicts that, according to their predictions in late December, would characterize this year.

They chanted in ancient Yoruba, brought to the island by enslaved Africans and passed down orally. African and Spanish traditions syncretized, giving rise to Cuba's strong Afro-Cuban identity.

"We...believe that through sacrifices and prayers we can alleviate the impact of harmful issues," said Lázaro Cuesta, a renowned priest who organized the ceremo-

ny in the courtyard of an old house.

On Jan. 2, Cuban Santería priests known as babalawos predicted the possibility of war and violence that would affect Cuba and the world using traditional divining methods.

A day later, on Jan. 3, the United States struck Venezuela's capital, Caracas, and arrested then-President Nicolás Maduro. Thirty-two Cuban soldiers from Maduro's personal security detail died in the operation.

Venezuela is one of Cuba's main political, ideological and commercial allies, and the attack shocked the island's population.

Cuba is currently experiencing a radical tightening of U.S. sanctions, strangling

its economy to pressure for a change in its political system, and U.S. President Donald Trump has directly threatened the island.

"As religious people, we always try to distance ourselves from anything negative that comes into our lives," said Yusmina Hernández, a 49-year-old homemaker, as she participated in the ceremony.

At the foot of a leafy mango tree swaying in the breeze, a hen, a rooster and a dove were sacrificed. Around them, several dozen babalawos raised their voices in prayer, repeatedly asking Eggún, the deity of the ancestors, for permission to invoke his power and presence. □



Santería priests, also known as Babalawos, perform a cleansing ritual with roosters during a ceremony calling for peace and health in Havana, Sunday, Jan. 25, 2026.

Associated Press

Planning on snorkeling? Get to know our Picuda!

(Oranjestad)—If you're ever planning on snorkeling during your vacation on Aruba, you may spot fish that you can't recognize. One of these may be the "Picuda", a very common fish that swims all year long in the waters of Aruba. Here's some information about the beloved Picuda.

Let's talk about the names of fish. Do you know your fish? This is an informative article that illustrates some fish and their names in Papiamentu, which the Department of Agriculture, Livestock and Fisheries, known as "Santa Rosa", wants to share and also obtain information from the public.

Picuda, *Sphyrna barracuda*, Greater Barracuda

Well known is the Picuda on the island—Barracuda in English. Its scientific name is *Sphyrna barracuda*. It is a widely caught fish. It is found throughout the year in our waters, where it is a so-called



"ambush predator" that stays still or floats in the water waiting for its prey to approach so it can attack it with lightning speed. It is well known for fishermen, especially for its white flesh in fish soup. In fishing culture, there are many other names, such as Pecho blanco, Blekito, Banana, or Bleki. The names

vary according to size.

Description

The Picuda is a long fish, with a round body like a torpedo and silver in color with shiny black stripes. Below, the belly, is whiter, while the top part is darker. Its snout is very pointed, and the lower jaw is lon-

ger than the upper one. Its peduncle, where the body meets the tail, is thick, while the tail also forms a crescent but in this case one more "full" than that of mullet or cone-fish. This reflects the hunting style of the Picuda. It needs to be able to accelerate quickly when the prey gets close.

In Aruba:

Picuda can be found in our waters around our island throughout the year. Picuda, in our waters, is edible without any problem. Picuda is also a highly sought-after fish by sports fishermen or recreational fishermen because it puts up a good fight once hooked. It can be caught via trolling from a boat, casting from shore with a line or rod, or by jigging, casting the lure (artificial bait) and moving it with certain rod motions. □

Picture courtesy of the Department of Agriculture, Livestock and Fisheries (Santa Rosa).

A guide for the perfect picture: Where to find the most Instagrammable places in Aruba

(Oranjestad)—Imagine, you're out and about on the island and you want to take the most picture-perfect photo to show your friends and family back home and online. It seems like the perfect spot can be hard to find, but Aruba is full of great spots for a quick snapshot! Here are the most Instagrammable places in Aruba.

"I LOVE ARUBA"

Right on Paardenbaai Plaza, near the harbor entrance, you will spot a giant sign that reads "I LOVE ARUBA". A great first stop for a quick shot with the family, this spot is among the few that has become a favorite among tourists, es-



pecially those that are visiting Aruba through a cruise vacation. Speaking of giant signs that read "Aruba" (because there can never be too many), there is another sign you can find along the Linear Park. It may be a long

walk from the harbor to get there, but while you're at it, check out these other spots along the way!

Wooden Swing on Plaza Daniel Leo

While you're in Mainstreet Oranjestad, check out the wooden swing on Plaza Daniel Leo. This is another favorite among visitors wanting a cute snapshot for Instagram.

Since you've made it this far, one question: How many blue horses have you spotted already?

Mangel Halto

For a different take on beach photos, we definitely recommend Mangel Halto! You can get in the water right by the roots of these beautiful trees (please be careful not to climb them, though!). You will see beautiful skies, birds and other wildlife, and among the greenery of the mangroves, your picture is sure to pop!

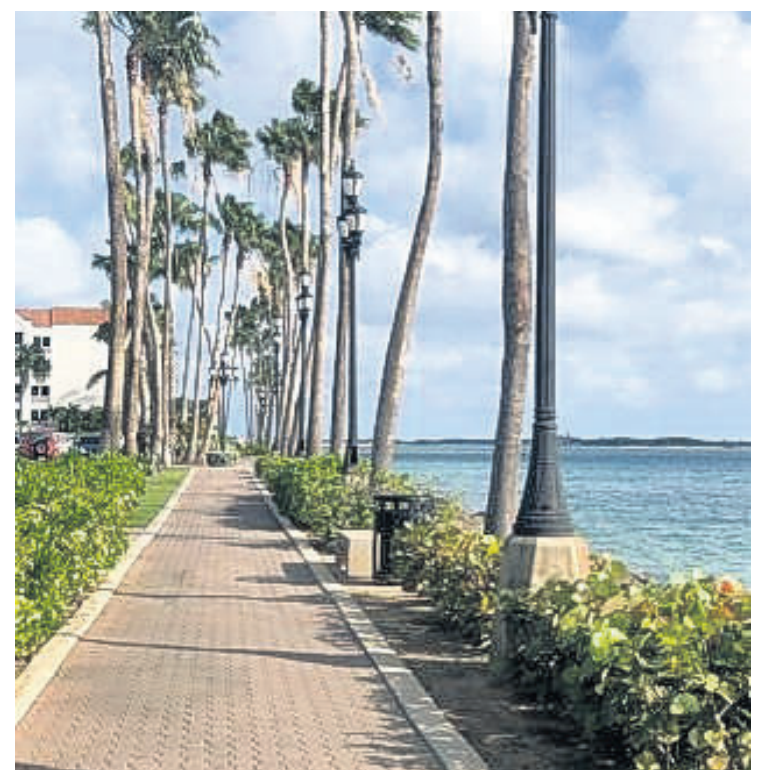
Yacht Dock in Oranjestad

Last but certainly not least, the Yacht Dock in Oranjestad is the perfect spot to take a beautiful picture, es-



pecially at sunset. The dock is located behind the Wilhelmina Park. This spot offers a gorgeous view of the ocean and sunset, accom-

panied by the soft waves crashing on the shoreline. You may even spot some iguanas! □





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Po-Ké Ono Brings Bold Asian Fusion to Aruba's Dining Scene

Innovative eatery blends island culture with modern Asian cuisine



In a culinary landscape known for its diversity and creativity, Po-Ké Ono stands out as a vibrant and contemporary addition to Aruba's restaurant scene. With locations at Azure in Palm Beach and the Renaissance Marketplace in Oranjestad, the concept introduces a refreshing take on Asian fusion dining—casual in style, yet refined in execution.

Established in 2020, Po-Ké Ono was envisioned as a space where flavor, culture, and creativity intersect. The menu features an array of signature dishes including poke bowls, steamed bao, and sushi, crafted with precision and a focus on freshness. Drawing on Asian influences, the restaurant delivers bold flavors in an approachable format, appealing to a broad audience of locals and visitors alike.

The ambiance is designed to be welcoming and relaxed, with a philosophy centered

around accessibility and enjoyment. Whether dining indoors or grabbing a quick bowl on the go, guests can expect a consistently high standard in both service and cuisine. With extensive menu options, including selections for vegan diners, Po-Ké Ono caters to a wide range of tastes and dietary preferences.

While the concept leans into fast-casual dining, the quality of ingredients and thoughtful



preparation reflect fine-dining roots. Many of the restaurant's core ingredients are sourced locally, emphasizing sustainability and support for Aruba's agricultural community. The result is a dining experience that honors both the island's spirit and the culinary traditions it draws inspiration from.

Open daily from 11:00 AM to 10:00 PM, Po-Ké Ono continues to gain recognition as one of the island's premier destinations for sushi, poke, and

bao. Its growing popularity is a testament to Aruba's evolving food culture—one that embraces global influence while staying rooted in community and craft.

For those seeking a modern taste of Asia in the heart of the Caribbean, Po-Ké Ono offers a flavorful and memorable experience worth exploring. □



Prohibited by law: leaving the island with seashells, white sand or corals



(Oranjestad)—Often times, the customs department at the airport intercepts many tourists leaving the island with seashells, white sand and/or corals as souvenirs.

Conforming to the international treaty of CITES and our local law which protects our Flora & Fauna, it is absolutely prohibited to take any seashell, sand and coral outside of Aruba. This is to protect our environment. The high number of seashells, coral and amount of sand confiscated is very strange and it is suspected that our own locals are the ones selling these to the tourists, which is unacceptable.

Upon confiscation at the airport, you can also face a fine that they have

to pay before leaving. This is surely not a pleasant experience for the tourist. This also leads to a negative reaction which can put our tourism in a negative light.

Though we love to accommodate our visitors, let's all give nature the respect it deserves by protecting our environment. Stop collecting seashells, white sand and corals from our shores and stop buying or accepting these from local sellers or companies.

We want our future generations and visitors to enjoy the beauty of our beaches, shells and corals in a sustainable way, without destroying or disrupting the Aruban ecosystem. Help us protect what is ours! □

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TACO TUESDAY

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WING WEDNESDAY

By the dozen \$18

Discover the Best of Paseo Herencia



Shopping

Paseo Herencia invites you to shop at an easy island pace in a charming open air setting, where international style meets local creativity. Browse fashion, fragrances, footwear, jewelry, skincare, and souvenirs all in one relaxed stroll.

Find well-known brands such as Tommy Hilfiger, Calvin Klein, Aldo, Carmen Steffens, and Psycho Bunny, then stop by Pandora to turn Aruba themed charms into keepsakes you can take home. For something truly one of a kind, explore locally handmade gifts and artwork at The Artist Co-op and Olla Gallery, where island inspired pieces and personalized options add a meaningful touch. Lumiere Candles adds to the local charm with Aruba inspired candles, perfect for bringing a little island warmth back home.

For a special accessory, discover permanent jewelry at Gloria Feliciano, crafted locally for everyday wear. For island wellness, Aruba Aloe offers locally made skincare and gifts created with aloe grown right here on the

island. Beauty lovers can visit Maggy's for favorite beauty essentials and services for hair, nails, and makeup, perfect for a quick refresh before dinner or a night out.

A World of Flavors

Dining at Paseo Herencia fits every moment of the day, from breakfast to late night bites. Start at Che Bar, serving breakfast from 7:30 AM and continuing throughout the day with comforting favorites, including classic Neapolitan style pizza.

For bold traditional flavors, Xixon Spanish Restaurant is a go to for signature dishes such as paella paired with a wide wine selection. If you are craving something modern, Fusion Cuisine brings a creative twist with its original take on sushi. The Lazy Turtle offers comforting classics and craveable appetizers, while Sexy Shrimp adds a sports bar atmosphere to the mix, pairing standout drinks with a diverse menu that is perfect for gathering with friends and watching any game.

As the evening continues, follow your cravings. Enjoy Mexican favorites at Iguana Can-



tina, share Dutch specialties at Pomm's Frites, and finish with something sweet at Mythos or Mimo's roll up ice cream. Starbucks is always nearby for a familiar coffee or an easy refresh between stops.

VIP Cinema

Caribbean Cinemas VIP delivers a premium movie experience on the second floor, easily accessible by escalator. Settle into plush reclining seats and enjoy high quality screens, state of the art projection, and immersive sound. A well stocked concessions counter offers classic popcorn, snacks, and drinks including wine, making it ideal for a laid back movie night or a special outing.

Location and Hours

Paseo Herencia is located in Aruba's high rise area, directly across from Holiday Inn. The mall is open Monday through Saturday from 10:00 AM to 10:00 PM, and on Sundays from 5:00 PM to 10:00 PM. For the latest updates and upcoming events, follow our social media pages and visit our website at www.paseoherencia.com.

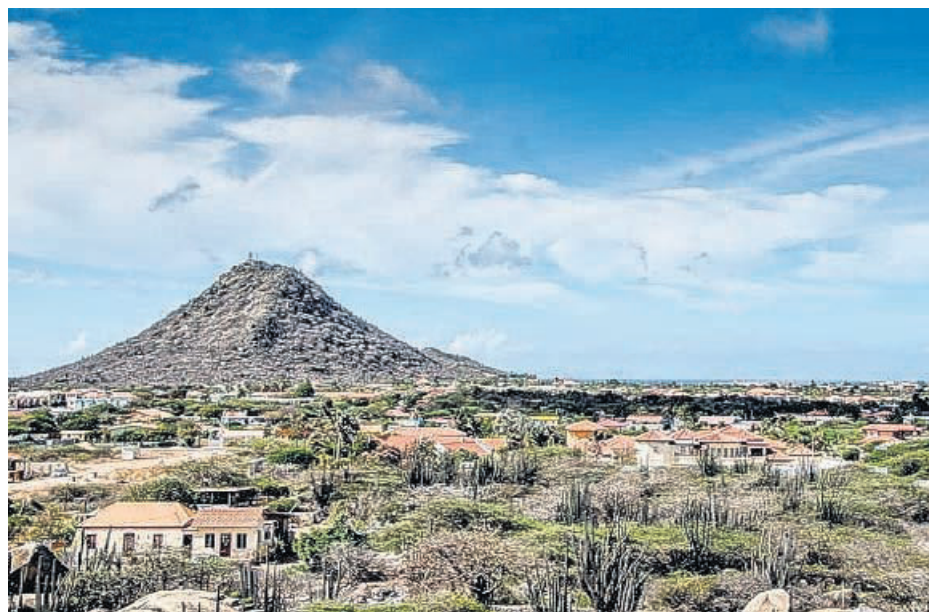
Enjoy one of the best views on Aruba at the top of the Hooiberg Hill

(Oranjestad)—If you are a regular hiker, or maybe want to spice up your morning work out session, then you might enjoy one of the most popular climbing sites on the island: The Hooiberg Hill. Accompanied with a 600-step staircase, this hill overlooks a great part of the island, the Caribbean sea, and sometimes even the Santa Anna mountain located in the coastal state of Falcon in Venezuela, providing one of the best views you can get on Aruba.

located at the center district of the island, Santa Cruz, the Hooiberg Hill is the second highest point on the island at 165 meters above sea level (or about 540 feet above sea level). The highest point is Jamano-

ta Hill at 189 meters (620 feet), located in the Arikok National Park.

The staircase that run on the side of



the hill was first built in 1951, when Mr. Eduardo Tromp constructed it. At that time, the staircase consisted of 900 steps. Over time, as the steps faced erosion, the government decided to renovate these stairs in 1991. This new project delivered the newer staircase with only 587 steps. However, don't be fooled—it may still be a work out to get on top. In addition, there is now a gazebo placed halfway up the stair for a little rest. The view at this resting stop is also a sight to see.

The best time to climb the hill would be early in the morning or right before sunset, as it may not be as hot. However, the hill is of course open all day, every day.

Exploring the Mainstreet of San Nicolas

SAN NICOLAS— At Just 11 miles southeast from Oranjestad you will enter the city San Nicolas, also known as Sunrise City or Chocolate City. A city that is rich in authentic culture and island charm. San Nicolas is Aruba's second largest city and was once a bustling company town dominated by the oil industry since the early 1930's.

Over the course of four decades, its demographics had changed immensely due to a stream of Afro-Caribbean and South American workers who came to fill the jobs in the oil refinery between the 1920's until the 1960's. To this day traces of the multicultural influences in culinary offerings and customs, housing and population are clearly visible in San Nicolas – more than anywhere else on the island.



Flow of history

If you are looking for history San Nicolas has it.

The Museum of Industry is situated in the Water Tower in San Nicolas and narrates Aruba's industrial history which began in the 19th

century. Here you will learn about gold, aloe, phosphate, oil and the tourism industries which made San Nicolas once a bustling business center. Experience the touching stories of those who were part of this history.

The Community Museum holds a remarkable collection that spans millennia. Ancient fossils stand next to tableaus of an authentically recreated colonial kitchen and bedroom and 19th-century barbershop,

just to name a few of the items of old-time Aruba that has been preserved. A collection of artifacts and other objects of artistic, cultural, historical, or scientific importance can be found here for the purpose of education or enjoyment.

The new San Nicolas

In the shadow of the refinery, an art capital is quietly beginning to grow. This is the new San Nicolas, a place that is starting to become a magnet for all that is young, cool and hip in Aruba. Indeed, San Nicolas has all of the ingredients of an emerging cultural hub — varied history, interesting architecture, and, perhaps most importantly, an urban layout that makes it walkable. As you walk around, the streets are silent but the walls are loud, filled with bright, colorful murals painted by a collection of artists from around the world. □

Aruba's Bocas: home to the rarest fossil reefs on the planet!



(Oranjestad)—If you've been to the northern coast of Aruba already, you've probably noticed how the ground differs entirely from the sandy beaches on the southern part of the island. These hard surfaces, with sharp bumps and holes are actually fossilized coral reefs, of which its growth and changes can be traced back to the last glacial period.

On May 30 2023, geoscientists, Dr. Patrick Boyden from the Marum research faculty at the University of Bremen, Prof. dr. Alessio Rovere from the Ca' Foscari University of Venice and Prof. dr. Gianfranco Scicchitano, from the University of Bari Aldo Moro, presented their research on these fossilized coral reefs at the University of Aruba.

Their focus for their research included studying the health and formation patterns of these coral reefs, and to investigate how these reefs have responded and can respond to fluctuating sea levels or extreme weather, like hurricanes and tsunamis.

Through underwater and land surveillance, and 3D models of the

reefs, they were able to narrow down when these formations started to take place. They were also able to track the fluctuation of sea levels during the past hundred or even thousands of years, and the effects that this fluctuation has had on the coral reefs of the windward side of Aruba.

These findings can certainly put things into perspective. The ground on which we have walked many times on the northern part of the island hold such rich history, history that dates back to a time that most of us cannot even imagine. As the scientists themselves have pointed out, these fossilized reefs on the windward side are truly an incredible and rare remnant of geological history, as they provide a clear view of how these reefs have formed.

This research is also important for the future of coral reefs on the island. By studying rising sea levels and climate impact on these coral reefs, we are able to take concrete action in protecting and preserve our coral reefs. So, if you are ever visiting one of the bocas or driving along the northern part of the island, please be conscious to help protect our natural historical remnant. Oh, and wear (coral-friendly) sunscreen! □

Origin of Papiamentu- Aruba's native language

ORANJESTAD — Papiamentu, Creole language of ABC (Aruba, Bonaire and Curacao) is from the Cape Verdean Creole family (Cape Verdean language) and was taken to the Caribbean in the 9th century by the Cape Verdeans of that time (linings and slaves), experts in cane culture and sugar production, and who were hired by Jewish entrepreneurs who went to invest in this business in the Caribbean. Cape Verdeans taught this pre-industrial revolution technology (planting cane and producing sugar, which they had learned from Madeirans) to slaves from other African regions, and did so in their language, Cape Verde Creole (Cape Verdean language), hence the language implanted in Aruba, Bonaire and Curacao.

Unlike many interesting stories, wanting to link Papiamentu directly to Portuguese, Galician or Castilian (see Papiamentu, on Wikipedia – Portuguese version and Spanish version, where the Portuguese and Span-



ish, each claim the direct origin of Papiamentu), in fact, this is not true. Papiamentu is not direct from Portuguese, Galician or Castilian, it is from the Cape Verde Creole family (Cape Verdean language). You can see this best when it's saying obscene words and offending someone, precisely as they say today in both ABC and Cape Verde islands. The obscene words kept the original, had no lexical influence either from Castilian or Dutch. Also the

Papi Cristang of Malacca, the Patuá of Macau, and several creoles from the east (from Daman, Sri Lanka, Myanmar, Philippines, Indonesia) and Africa (Casamança, Guinea Bissau, Sierra Leone and Nigeria, these last two releases to the English), all originated in the Creole of Cabo Verde (Cape Verdean language), which was the French language spoken in Portuguese feitories on the coast of Africa (from Senegal to Sierra Leone),

and which was taken east by the thousands of cable – Verdeans (linings and slaves, already Christianized and speaking Creole) who served as sailors and "slaves of arms" in Portuguese caravels, demanding the east. I don't know why the official history of Portugal usually omits this fact, which is in the chronicles of the quinrentist chroniclers, but which we never saw in the history of Portugal that we study from primary education to

higher education. However, it has always been tried to deceive us, in colonial time, that we were descendants of Viriato (Iberian hero in the fight against the Romans) and the pastors of the Hermini Mountains, but not much speaking of our black-African ancestry.

We Cape Verdeans understand each other very well with these Antillans and Easterns, whose language is from the same Creole family of Cape Verde (Cape Verdean language), speaking their Creole and we ours. Therefore, Papiamentu, Papi Cristang, Patuá Macaense and the creoles, said of Portuguese origin, Daman, India, Sri Lanka, Myanmar, some locations in the Philippines and some places in Indonesia, are creoles of the language family Cape Verde Creole (Cape Verdean language) and indirectly the Galaico-Duriense or Galaico-Portuguese, a language that the people spoke in Portugal in the 6th and 7th century. □

Source: Dushi Aruba

Alto Vista chapel and its link to Aruba's origins

According to *Etnia Nativa*, in the 18th century most of the inhabitants of Aruba were indigenous who lived on the north coast, one of the largest communities lived in Alto Vista.

As they were very religious, they had a chief with the name of Antonio Silvester who guided them in the Christian life and it was he who decided to build a stone chapel with a roof of corn rods, which would serve as a place of prayer. In 1750 it was blessed by Father Algemesi who came from Coro-Venezuela and appointed Domingo Antonio Silvester as the island's first prosecutor in the name of the Spanish crown and Rome. In 1752 the prosecution passed into the hands of Antonio Silvester's son-in-law, Miguel Álvarez, who continued to guide the parishioners in their prayers.

According to the book, *The History of Alto Vista* by R.H. Nooyen, it is not known when Domingo Antonio Silvester came to Aruba from Venezuela. The elders believe Antonio was a Spaniard. In 1780, father Joseph Antonio de la Vegal called Bernardino Silvester, one of Antonio's sons with his wife Anna Cathalina Tromp, "neighbors and naturals of the island Aruba" and thus they became natives.

At the end of the eighteen century many inhabitants the island died as a result of the black fever epidemic and since people believed that the Alto Vista area was the most infected, they began to build their homes further south within the Noord area, so the town of Noord began to grow into a community till getting its own Church. However religious festivals continued to be celebrated at this sacred

native place, with the custom of arriving in procession to Alto Vista.

Two-hundred years after the beautiful time of Alto Vista, people can no longer see much of the town of Alto Vista from 1750. With a lot of work they found the old foundations of the Church of the Queen of the Holiest Rosary to build a new chapel on the same place. The entire surrounding area was empty and desolated, making it hard to imagine that Alto Vista was a town at all. A hundred years later, people can see the remains of around twenty houses, some made of stone and others of clay. Nowadays, only around six of these houses remain.

South of the chapel in the yard two graves can be observed, there was the cemetery which father Pablo de Algemesi blessed.



It is not certain, but it is believed that the two graves belong to Antonio Silvester and Miguel Alvares, according to Nooyen. About 50 meters near the chapel there are still the markings of an old house, where Antonio and Bernardino Silvester would have lived. About 200 meters from the chapel there is a water tank which the locals call Tanki Cacique. In the past this tank was closed. But mostly water was brought out from

the Poz di Noord, a well dug in the sand.

The chapel can be viewed from basically any point in the north side, even from Paradera and Sero Plat. All the historical remains around the chapel provide us with an idea on how the old people of Alto Vista used to live. Don't miss the opportunity to visit a place of historical significance with a window to Aruba's past. □

CROSSWORD

By THOMAS JOSEPH

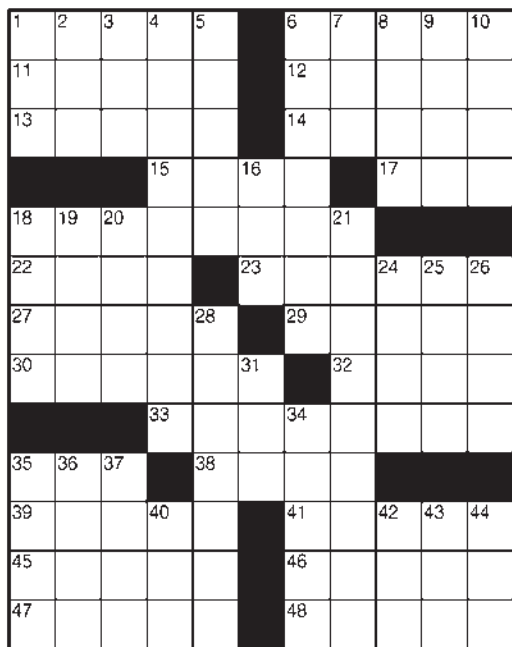
ACROSS

- 1 Restaurant unit
- 6 Kind of point or length
- 11 Got to one's feet
- 12 Chilled
- 13 In the middle of
- 14 Fashionably dated
- 15 Comfort
- 17 Japanese currency
- 18 Magnificent
- 22 Nick Charles's wife
- 23 Swindlers
- 27 Plumbing problems
- 29 Mrs. Eisenhower
- 30 Frolicking
- 32 Cairo's river
- 33 Illinois city
- 35 Flying mammal
- 38 Squeal of delight
- 39 Detest
- 41 Dark fur
- 45 Angry look
- 46 Mistake
- 47 Did some tailoring
- 48 Use the rink

DOWN

- 1 Airport screening org.
- 2 Cash dispenser
- 3 Scary shout
- 4 Lindbergh nickname
- 5 Painter Degas
- 6 Ulna's place
- 7 Start of a count
- 8 Metropolis
- 9 Lot unit
- 10 Writer Uris
- 16 Attack command
- 18 Machu Picchu native
- 19 Shed feathers
- 20 Item used onstage
- 21 Usury expert
- 24 Leave out
- 25 Metric amount, for short
- 26 Spotted
- 28 Relished
- 31 Basketball's Ming
- 34 Snoots
- 35 Sacks
- 36 Skilled
- 37 Turn to slush
- 40 Galena, for one
- 42 Lingerie item
- 43 Whole bunch
- 44 Before, to bards

SCRAM JIGGY
KOALA ADELE
ARDEN MANIA
TOLEDO EDS
ENE ARMYVET
RAY TIARAS
SIGN
BERNIE BAR
BOLOGNA APE
ALA STALIN
SLIPS ISLET
TINES NIECE
EXERT GATED



2-6

AXYDLBAAXR
is LONGFELLOW

One letter stands for another. In this sample, A is used for the three L's, X for the two O's, etc. Single letters, apostrophes, the length and formation of the words are all hints. Each day the code letters are different.

2-6 CRYPTOQUOTE

QS QR VAYB ...SZLS QR SZB
SNKB BGWVLJLSQAJ AP SZQR
HANVC, HZLSBYBN OLF TB
SZB BGWVLJLSQAJ AP SZB
JBGS. — ARILN HQVCB

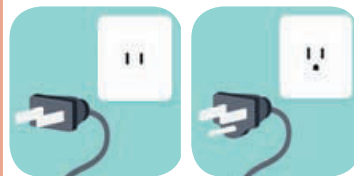
Cryptoquote: SURELY YOU CAN'T BE SERIOUS... I AM SERIOUS. AND DON'T CALL ME SHIRLEY. — "AIRPLANE!"

Cruise ship Schedule: Jan. 26 - 31 2026

			ARR	DEPT	BERTH	
MON	26	BRITANNIA CARNIVAL SPIRIT	08.00 09.00	16.00 22.00	B C	1 1
TUE	27	SERENADE OF THE SEAS OASIS OF THE SEAS	08.00 08.00	23.00 23.00	C I	1 1
WED	28	CELEBRITY SILHOUETTE NORWEGIAN SKY CARNIVAL VISTA FREEWINDS	08.00 11.00 13.00 06.00	23.00 20.00 23.00 ****	B C I E	1 1 1 1
THU	29	COSTA PACIFICA AIDASOL NORWEGIAN DAWN	07.00 08.00 11.00	22.00 18.00 20.00	B C I	1 1 1
FRI	30	MS RENAISSANCE EXPLORA II	09.00 09.00	18.00 22.00	B C	1 1
SAT	31	SILVER SHADOW AIDAPERLA CARIBBEAN PRINCESS	08.00 09.00 09.00	**** 21.00 22.00	B C I	1 1 1

Helpful tips for your stay on Aruba

(Oranjestad)—When traveling to another country, especially for the first time, it is always better to be over-prepared than under-prepared. That is why we have a list of basic but important information that we think may come in handy to Aruba's visitors.



Electrical power

Aruba generally operates on 110V to 127V supply voltage and 60Hz. There are also three types of outlets used on the island: type A with two flat prongs; type B with two flat and one grounding prong, and on occasion, type F with two round prong and two earth clips on the side. However, Type A is most commonly found in homes and establishments.



Drinking water

The water that flows through the sinks of every house, hotels and other establishments is distilled and perfectly safe to drink. Aruba's drinking water exceeds WHO's international standards for water quality, so there is no need to buy bottled water from the store.



Safety

Since February 2024, Aruba has been categorized as the safest country in the Caribbean by The Telegraph, and many tourist that visit have often told us how they feel safe to explore the island or walk around at night. However, rare incidents do occur, so keep yourself and your belongings safe.

SUDOKU

To play sudoku, use logic to fill the empty squares so that each row, each column and each 3x3 box contains the numbers 1-9 only once. Puzzle difficulty increases from Monday to Sunday.

King Classic Sudoku

7					9	8	6	
	8	9	3			4		
3		4	1			5	9	7
		2		1			7	
			6		4	1	3	5
	1				8	2	4	
		5	2	7	6		8	
	7		8		1		5	4
					5			

Difficulty: ★★

1/27

Answer to previous puzzle

6	5	3	4	7	1	9	8	2
8	4	9	2	3	6	7	1	5
1	7	2	8	9	5	4	6	3
3	8	1	9	4	7	2	5	6
9	6	4	5	2	3	8	7	1
5	2	7	6	1	8	3	9	4
7	3	5	1	8	4	6	2	9
4	9	6	7	5	2	1	3	8
2	1	8	3	6	9	5	4	7

Difficulty: ★

1/26



This NASA image shows two massive galaxy clusters previously captured by NASA's James Webb Space Telescope and Chandra X-ray Observatory, with areas of possible dark matter in blue.

Associated Press

Mysterious dark matter may be better understood through a new map of far-off galaxies

By **ADITHI RAMAKRISHNAN**

AP Science Writer

NEW YORK (AP) — A new high-resolution map of distant galaxies may help scientists understand a mysterious invisible substance that helps hold the universe together.

The ordinary matter all around us — stars, planets and people — makes up just 5% of the universe. For decades, researchers have hoped to demystify what's known as dark matter, a material that comprises just over a quarter of our universe. Another equally mysterious force called dark energy makes up the rest.

Dark matter doesn't absorb or give off light so scientists can't study it directly. But they can observe how its gravity warps and bends the star stuff around it — for example, the light from distant galaxies. By studying these distortions across large swathes of the universe, scientists can get closer to unmasking dark matter and its various hiding places.

The latest map, created with images from NASA's James Webb Space Telescope, is the most detailed yet over such a large patch of sky. It has twice the resolution of previous attempts using the Hubble Space Telescope and captures hundreds of thousands of galaxies over the past 10 billion years.

"Now, we can see everything more clearly," said study author Diana Scognamiglio with NASA's Jet Propulsion Laboratory.

The latest map, published Monday in the journal *Nature Astronomy*, includes information on new galaxy clusters and the strands of dark matter that connect them. □

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Johnnypaesch@gmail.com

Eagle Resort

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week # 5 Room #3524
Price :\$ 10,000
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johnnypaesch@gmail.com

Eagle Resort

Eagle beach
1 BR sleep 4
week # 2 room # 5538
Top floor
Price :\$10,000
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johnnypaesch@gmail.com

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Eagle beach
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HEALTH

DOCTOR ON DUTY

Oranjestad

Hospital 7:00 pm / 10:00pm
Tel. 527 4000

San Nicolas

Imsan 24 hours
Tel.524 8833

PHARMACY ON DUTY

Oranjestad:

Eagle: Tel.587 9011

San Nicolas:

Centro Medico:Tel.584 5794

OTHER

Dental Clinic 587 9850
Blood Bank Aruba 587 0002
Urgent Care 586 0448
Walk-In Doctor's Clinic
+297 588 0539

EMERGENCY

Police	100
Oranjestad	527 3140
Noord	527 3200
Sta. Cruz	527 2900
San Nicolas	584 5000
Police Tipline	11141
Ambulancia	911
Fire Dept.	115
Red Cross	582 2219

TAXI SERVICES

Taxi Tas	587 5900
Prof. Taxi	588 0035
Taxi D.T.S.	587 2300
Taxi Serv. Aruba	583 3232
A1 Taxi Serv.	280 2828

TRAVEL INFO

Aruba Airport	524 2424
American Airlines	582 2700
Avianca	588 0059
Jet Blue	588 2244
Surinam	582 7896

AID FOUNDATIONS

Aruba Food Bank
Tel. 588 0002
FAVI- Visually Impaired
Tel. 582 5051
Alcoholics Anonymous
Tel. 736 2952
Narcotics Anonymous
Tel. 583 8989
Fundacion Contra Violencia
Relacional Tel. 583 5400
Centre for Diabetes
Tel. 524 8888
Child Abuse Prevention
Tel. 582 4433
Quota Club Tel. 525 2672

General Info

Phone Directory Tel. 118

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ARUBA TODAY NEWS

Sleep-tracking devices have limits. Experts want users to know what they are

By R.J. RICO and
EMILIE MEGNIEN

Associated Press

ATLANTA (AP) — Your watch says you had three hours of deep sleep. Should you believe it?

Millions of people rely on phone apps and wearable devices like rings, smart-watches and sensors to monitor how well they're sleeping, but these trackers don't necessarily measure sleep directly. Instead, they infer states of slumber from signals like heart rate and movement, raising questions about how reliable the information is and how seriously it should be taken. The U.S. sleep-tracking devices market generated about \$5 billion in 2023 and is expected to double in revenue by 2030, according to market research firm Grand View Research. As the devices continue to gain popularity, experts say it is important to understand what they can and cannot tell you, and how their data



Wearable devices, including Apple Watches, can be used to track sleep, Wednesday, Jan. 21, 2026, in Atlanta, Ga.

should be used.

Here's a look at the technology and why one expert thinks its full potential has yet to be realized.

What your sleep tracker actually measures

Whether it's an Apple Watch, a Fitbit, an Oura Ring or one of innumerable other competitors, health and fitness trackers largely take the same basic approach by recording the wearer's movements and heart rate while at rest, according to Daniel Forger, a University of Michigan math professor who researches the science behind sleep wearables.

The algorithms used by major brands have become highly accurate for determining when someone is asleep, Forger said. The devices are also somewhat helpful for estimating sleep stages, though an in-lab study would be more precise, he said.

"If you really want to know definitively how much non-REM sleep you're having versus REM sleep, that's where the in-lab studies really excel," Forger said.

The sleep numbers that matter most

Dr. Chantale Branson, a neurologist and professor at the Morehouse School of Medicine, said she frequently has patients showing up with sleep scores from fitness trackers in

hand, sometimes fixated on granular details such as how much REM sleep they got on a certain night.

Branson says those patients are taking the wrong approach: the devices help highlight trends over time but should not be viewed as a definitive measure of one's sleep health. Nor should any single night's data be seen as significant. "We would have believed them with or without the device and worked on trying to figure out why they can't sleep and that is what the wearables do not do," she said.

Branson said she thinks people who check their sleep statistics every morning would be better served by spending their efforts on "sleep hygiene" such as creating a relaxing bedtime routine, avoiding screens before bed and making sure their sleep environment is comfortable. She advises those concerned about their sleep to consult a clinician before spending money on a wearable.

Forger takes a more favorable view toward the devices, which he says help keep the overlooked importance of sleep front of mind. He recommends them even for people without significant sleep issues, saying they can offer insights that help users fine-tune their routines and feel more alert during the day. "Seeing if your biological

clock is in sync is a huge benefit because even if you're giving yourself the right amount of time, if you're sleeping at the wrong times, the sleep won't be as efficient," Forger said.

How sleep data can drive better habits

Kate Stoye, an Atlanta-area middle school teacher, bought an Oura Ring last summer, having heard positive things from friends who used it as a fertility tracker: "It's so accurate," she said. Stoye found the ring to be just as helpful with tracking her sleep. After noticing that the few nights she drank alcohol coincided with poorer sleep quality, she decided to give up alcohol. "I don't see much reason to drink if I know that it's going to affect how I feel," said Stoye, who always wears her device except when she is playing tennis or needs to charge it. Another trend she says she detected in the ring's data: the importance of not eating too late if she wants to get good rest.

"I always struggle with going to bed, and it's often because I eat late at night," Stoye said. "I know that about myself, and it knows it too."

When sleep tracking becomes a problem

Mai Barreneche, who works in advertising in New York City, used to wear her

Oura Ring constantly. She said it helped her develop good sleep habits and encouraged her to maintain a daily morning exercise regimen. But as a metric-driven person, she became "obsessed" enough with her nightly sleep scores that it began to cause her anxiety a modern condition that researchers have dubbed "orthosomnia."

"I remember I would go to bed thinking about the score I was going to get in the morning," Barreneche said. Barreneche decided not to wear her ring on a beach vacation a few years ago, and when she returned home, she never put it back on. She said she has maintained the good habits the device pointed her toward, but no longer wants the stress of monitoring her nightly scores.

Branson, of the Morehouse School of Medicine, said she's observed similar score-induced anxiety as a recurring issue for some patients, particularly those who set goals to achieve a certain amount of REM sleep or who shared their nightly scores with friends using the same device. Comparing sleep types and stages is ill-advised since individual needs vary by age, genetics and other factors, she said.

"These devices are supposed to help you," Branson said. "And if you feel anxious or worried or frustrated about it, then it's not helpful, and you should really talk to a professional."

The future of wearables

Forger thinks the promise of wearables has been underestimated, with emerging research suggesting the devices could one day be designed to help detect infections before symptoms appear and to flag sleep pattern changes that may signal the onset of depression or an increased risk of relapse. "The body is making these really interesting and really important decisions that we're not aware of to keep us healthy and active and alert at the right times of day," he said. □



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Pegula knocks 2025 champion Keys out of Australian Open, faces Anisimova in quarterfinals

By JOHN PYE
AP Sports Writer

MELBOURNE, Australia (AP)

— Jessica Pegula knocked podcast pal and defending champion Madison Keys out of the Australian Open on Monday to secure a quarterfinal against Amanda Anisimova, another all-American match. Their fourth-round wins on Day 9 means four Americans have reached the women's singles last eight in Australia for the first time since 2001, when Serena and Venus Williams, Jennifer Capriati, Monica Seles and Lindsay Davenport made it through.

It is also the first time the top six seeds in the women's and men's singles have all qualified for the last eight of a Grand Slam event in the Open Era.

"Sucks that one American has to go out in the quarterfinals," Anisimova said.

No. 6-seeded Pegula had a slightly different take: "At least one of us will get through and I think that's great for American tennis. Yeah, it's been pretty crazy how well the women have been doing and how many top-ranked girls there are. I'm just happy to be a part of that conversation."

Pegula and No. 4 Anisi-



Jessica Pegula of the U.S. serves to her compatriot Madison Keys during their fourth round match at the Australian Open tennis championship in Melbourne, Australia, Monday, Jan. 26, 2026.

Associated Press

movia advanced a day after No. 3 Coco Gauff and 18-year-old Iva Jovic earned their places on the other side of the draw.

Pegula's 6-3, 6-4 win at Rod Laver Arena ended Keys' first Grand Slam title defense in a tough section of the draw.

Anisimova, runner-up at the last two majors at Wimbledon and the U.S. Open, advanced 7-6 (4), 6-4 over

Wang Xinyu as the temperature started rising at Melbourne Park and organizers triggered the heat stress policy which allowed for extra cooling breaks.

"What a battle out there. Tough conditions against a really good opponent," Anisimova said. "There were a lot of fans from China today but, honestly, it made the atmosphere great."

No. 2 Iga Świątek continued her quest to complete

a career Grand Slam with a 6-0, 6-3 win over home qualifier Maddison Inglis, giving the center court crowd little to cheer on the Australia Day national holiday.

Świątek next meets No. 5 Elena Rybakina, runner-up to Aryna Sabalenka here in 2023.

Pegula's progress

Pegula is in the quarterfinals for the fourth time in Austra-

lia but has never previously gone further at the season-opening major. Anisimova is in the last eight here for the first time.

"I have been seeing, hitting, moving, I feel very well this whole tournament, and to be able to keep that up against such a great player as Maddie and defending champion was going to be a lot tougher of a task today," Pegula said, "I was still able to do that really well." Pegula and Keys had played three times previously, and Keys had won the last two. But on Monday it was Pegula who dominated, racing to 4-1 leads in both sets.

"I felt if I didn't hit a really good ball immediately, she was in charge of the points," Keys said. "I was kind of struggling to kind of get that dominance back." Pegula's best performance in a major was reaching the U.S. Open final in 2024.

Men's draw

Three Italian men started Day 9. Only two could advance.

Two-time defending champion Jannik Sinner beat compatriot Luciano Darderi 6-1, 6-3, 7-6 (2) two days after admitting he felt lucky to survive the third round. □

Olympic 400m champion and Indigenous campaigner Cathy Freeman receives Australia's highest honor

SYDNEY (AP) — Cathy Freeman thrilled Australians when she won the women's 400 meters gold medal at the 2000 Sydney Olympics, wearing a skin-tight, hooded running suit. She then excited controversy when she took a victory lap carrying the Australian flag and a flag representing Australia's First Nations peoples.

On Monday, Freeman was awarded Australia's highest civil honor in the annual honors list commemorating the Australia Day national holiday. The honor, she said, means that at 53 its time to start getting more serious.

Freeman has been made a Companion of the Order of Australia (AC) in recognition of her services to athletics, social impact across Australia and as a role model to youth. She was one of 10 recipients of the honor, including five women.

As well as being one of Australia's foremost female athletes, Freeman has been a longtime campaigner on issues affecting Australia's Indigenous people.

She was the first Indigenous Australian to win a Commonwealth Games gold medal when, aged

16 in 1990, she was a member of Australia's winning 4 x 100m relay team. She went on to win four Commonwealth golds and won world championships in the 400 in 1997 and 1999.

In 2007 she founded the Cathy Freeman Foundation, later renamed the Community Spirit Foundation, which supports educational opportunities for Indigenous children in remote communities.

"I set out to be the best athlete that I could be for myself and then all of a sudden, this whole world unfolded right before my very eyes, and it just continues to expand, and it

continues to be a wild ride, let me tell ya!" Freeman

told the Sydney Morning Herald Monday. □



In this Sept. 25, 2000, file photo, Australia's Cathy Freeman celebrates winning the women's 400 meter race at the Summer Olympics at Olympic Stadium in Sydney.

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Super Bowl 60 is set and it's a rematch from 11 years ago: Patriots vs. Seahawks

By **ROB MAADDI**
AP Pro Football Writer

Drake Maye vs. Sam Darnold. Two stingy defenses. A second-year head coach vs. a veteran coach in his second act.

Super Bowl 60 is set and it's a rematch: The New England Patriots vs. the Seattle Seahawks.

The Patriots will seek their NFL-record seventh Super Bowl victory when they face the Seahawks on Feb. 8 at Levi's Stadium in Santa Clara, Calif.

Led by Maye, coach Mike Vrabel and a stifling defense, the Patriots are back in the Super Bowl for the first time since Tom Brady and Bill Belichick won their sixth ring together seven years ago.

The Patriots (17-3) beat the Denver Broncos 10-7 on Sunday in the AFC championship game to advance to their 12th Super Bowl.

Darnold, Mike Macdonald and a suffocating defense have led the Seahawks to the big stage for the fourth time in franchise history. They're seeking their second Lombardi.

Darnold, a No. 3 overall pick in 2018 now with his fifth team, played one of his best games to lead the Seahawks to a 31-27 victory over the Los Angeles Rams in the NFC title game. He threw for 346 yards and three touchdowns with no turnovers.

"That doesn't matter to me," Darnold said about the doubters he's proven wrong. "I just come to work



New England Patriots head coach Mike Vrabel speaks with quarterback Drake Maye after the AFC Championship NFL football game against the Denver Broncos, Sunday, Jan. 25, 2026, in Denver.

every single day with these guys. These guys in the locker room, that's what it's about to me, man. The way we've come to work ever since April in OTAs, training camp, one day at a time and we're here. We did it."

It was a wacky finish when Brady and the Patriots beat Russell Wilson and Pete Carroll's Seahawks 11 years ago.

Brady threw four TD passes and rallied New England from a 10-point deficit to win the fourth of his seven rings when Malcolm Butler intercepted Wilson's pass from the 1-yard line to secure a 28-24 victory on Feb. 1, 2015. Seattle fans still lament why Marshawn Lynch didn't get the ball on a

handoff at the 1.

"We did not care," Macdonald said about coming into the season as underdogs in the NFC West behind the Rams and 49ers. "It's about us. It's always been about us and what we do and now we're going to the Super Bowl."

Maye scored on a 6-yard touchdown run in the second quarter in Denver after a critical turnover by Jarrett Stidham, who made his fifth career start filling in for injured Broncos quarterback Bo Nix. "The Pats are back, baby," Maye said. "Now, gotta win one."

Playing through a snowstorm in the second half, Maye only threw for 86 yards and ran for 65. Stidham had 133 yards passing

and one TD, one interception and one costly fumble.

The 23-year-old Maye, a finalist for AP NFL MVP and Offensive Player of the Year, will become the second-youngest QB to start a Super Bowl behind Dan Marino. He's the fourth second-year QB in the past seven years to lead his team to the NFL title game. Patrick Mahomes (2018) won it while Joe Burrow (2021) and Brock Purdy (2023) lost.

Vrabel, who won three Super Bowls as a linebacker for the Patriots in the 2000s, turned the team around in his first season as coach. New England went from 4-13 last year under Jerod Mayo to 14-3.

Vrabel is trying to become the first person to win a Super Bowl as a head coach and player for the same team. Tom Flores, Mike Ditka, Tony Dungy and Doug Pederson won Super Bowls playing for one team and coaching another.

"I can't tell you how proud I am to be associated with these guys and this organization," said Vrabel, who is a finalist for AP NFL Coach of the Year. "I won't win it. It'll be the players that'll win the game, I promise you. It won't be me that'll win it and I promise you I'll do everything that I can and our staff to have them ready for the game."

No team has played in the Super Bowl more than the Patriots, who are 6-5. They're tied with the Pittsburgh Steelers for the most wins.

It's been a long road back to the top for New England, which came off consecutive four-win seasons and only had one winning season after Brady's departure in 2020.

The Patriots have averaged just 18 points per game in the playoffs, the fewest by any team to make the Super Bowl since the 1979 Rams, who averaged 15. New England's defense has allowed just 26 points in the three games, an average of just 8.7 per game. The only team to allow fewer points in three playoff games before a Super Bowl appearance was the 2000 Ravens, who gave up 16. □